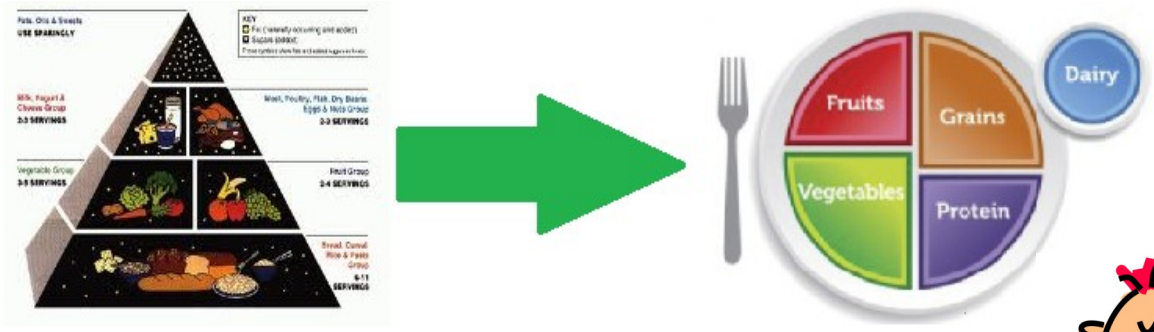
UK UNIVERSITY OF KENTUCKY College of Agriculture

New Year, New You

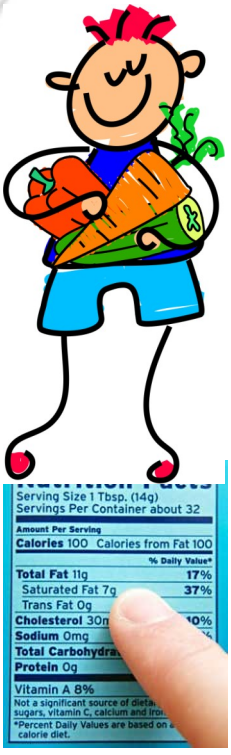
Health Series Part III

Nutrition and You



Learn all about the USDA's "My Plate" concept and updates on the New Dietary Guidelines.

Wednesday, March 7th
Cost$ 5.00
Lunch served at 11:45 a.m.
Program starts at 12:00 p.m.
at the Hardin County Extension Office



Go to www.hardinext.org or call ☎270-765-4121 to register.

Registration and payment must be received one week prior to class.

UKAg EXTENSION UKAg & HES

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